

It's Still a Wonderful

[BY SUSAN SEMENIIV]

Life

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Solo Christmas Can Be A Beautiful Christmas...

The holidays are meant to be enjoyed—they're not for dwelling on still being single or reliving a recent breakup. Going solo can sometimes be stressful and more difficult during the holidays: you see your friends and colleagues spending time with their 'special someones' while you're on your own. But it's not only possible to survive the holidays by yourself, but to be happy and start a new chapter in the process. There are a lot of other singles out there and being single rather than in an unhealthy relationship is definitely better! Here are some tips for a happy holiday season:

Put your party hat on!

Accept all invitations to parties and events and hang out with your friends. Always look your best and be open to meeting new people. Staying at home and feeling sorry for yourself gets you nowhere. Scheduling plans with nosy or annoying relatives can be more depressing, so limit face-time and establish ground rules if necessary. Do you really want your pain-in-the-butt relatives to ruin one of the most wonderful times of the year?

Volunteer and help someone else:

It's a fact that helping others makes humans happier and more fulfilled—and it's also a good reminder of how great your situation is and how lucky you are. Volunteer at a soup kitchen, sponsor a family in need or support a fundraising event or charity. Distract yourself from thinking too much about you and your situation.

Slurring just isn't attractive:

Many of us think alcohol makes us forget about our problems but it can actually make you feel more depressed. Drunk-dialling or

texting your ex will only make you regret it the next day! Having a drink or two at a party is fine—just keep things in moderation.

Healthy from the inside out:

Watch what you eat and don't overload your body with foods you normally wouldn't go near. And make sure to exercise: the endorphins will make you feel alive, energized and happy.

Big girls do cry

If you feel like crying, don't hold back your tears. Have a good cry and move on with your life. Replace negative thoughts with positive ones and remember you won't always be single for the holidays.

Spend the extra money on yourself or a great friend:

You'll be saving money by not having to buy presents for a significant other. Use the extra bucks to indulge yourself—hit the spa, buy yourself a gift that you may have been holding out on or take a mini-holiday (don't use this as an excuse to break the bank, though).

Indulge your passions:

Find your passion and do it. Whether it's wine tasting, mountain biking, painting or skiing, figure out what gets you excited or think of something that you've been putting off getting started on and just do it. When you're feeling down, it's important to think about things that make you happy and engage in activities that interest you.

The holiday season is fun. Enjoy the beauty of it all—the Christmas lights throughout the city, the roasted chestnuts being sold on street corners and the carollers in the malls. And if you want to start a new relationship, make sure you do something proactive about it in the New Year—that's what resolutions are for! ❄️